

## **ALZHEIMER'S FACT SHEET**

### **What is Alzheimer's Disease?**

This is the most common type of Dementia with symptoms of the disease progressing slowly over several years. To date, there is an estimated 850,000 individuals in the UK diagnosed with Dementia.

### **Cause**

The exact cause of Alzheimer's disease is unknown, although a number of things are thought to increase the risk of developing the condition. These include:

- Increasing age
- A family history of the condition (Huntingdon Disease) inheritance of a single gene, and the risks of the condition being passed on are much higher
- Severe head/Brain injuries
- Lifestyle factors and conditions associated with cardiovascular disease (Blood Clots)
- People with Down's syndrome are at a higher risk of developing Alzheimer's disease
- Shrinkage to parts of the brain (atrophy)

There's no known way to prevent the condition currently. However, there are things which can be done that may reduce the risk or delay its onset, such as:

- Stop smoking
- Cut down on alcoholic drinks
- Eating a healthy, balanced diet and maintaining a healthy weight
- Staying physically fit and mentally active

These health benefits can cause the lowering risk of cardiovascular disease and improve one's overall mental health. In some cases, infections, medications, and strokes may be responsible for symptoms getting worse. Anyone who displays these symptoms which rapidly get worse should be seen by a doctor.

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